ALAÏA CAMPS WINTER 2022-2023 - SNOW CAMPS PROGRAM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:45		Option Pick Up Crans-Montana (08:45 ESS Montana / 08:50 ESS Crans)					
		Welcome Ride only / Transfer Lodge - Chalet	Group Picture in the Mountain	Transfer Lodge - Climbing Wall	Explore Ski Domain of Crans-Montana	Transfer Lodge - Chalet	Transfer Lodge - Chalet
09:00		Initiation GoPro	Snow Session 2 "Park & Pipe"	Climbing Wall @ Moubra		GoPro Editing	GoPro Editing / Coaching Session Trampoline / Skate / Scooter
09:30		Warm up					
10:00		Coaching Session Trampoline / Skate / Scooter					
10:30						Warm Up	
11:00						Coaching Session Trampoline / Skate / Scooter	Video Presentation
11:30							Graduation Ceremony
12:00		Lunch	Lunch @ Restaurant Cry d'Er	Lunch	Lunch @ Restaurant Cry d'Er	Lunch	
12:45		Change	Easy ride to bottom station	Change	Easy ride to bottom station	Change	
13:00		Transfer Chalet - Snowpark		Transfer Chalet - Snowpark		Transfer Chalet - Snowpark	
13:15		Meeting Bottom Station Cry d'Er (avec ESS)					
		Snow Session 1 "Explore & Snowpark Rules"	Snow Session 3 "Videocoaching Snowpark"	Snow Session 4 "Park & Pipe"	Frre Session"on snow" Domain of Crans-Montana	Snow Session 5 "Enjoy"	
15:00						Tricks4Goodies	
16:30		Transfer Snowpark - Chalet	Transfer Snowpark - Chalet	Transfer Snowpark - Chalet	Transfer Snowpark - Chalet	Transfer Snowpark - Chalet	
17:00	Welcome "Ride & Sleep"	Snack	Snack	Snack	Snack	Snack	
17:30	Presentation Alaïa / Q&A	Free Session @Alaia Chalet	Analysis Videocoaching @Alaia Chalet	Free Session @Alaia Chalet	Analysis Videocoaching @Alaia Chalet	Free Session @Alaia Chalet	
18:00	Visit Alaïa Chalet (Parents) / Camp Rules (Kids)						
18:30	Check Material						
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Fondue Night & Goodbye	
19:45	Welcome Night	Evening Activity	Evening Activity	Evening Activity	Evening Activity		
21:00	Transfer Chalet -> Lodge	Transfer Chalet -> Lodge	Transfer Chalet -> Lodge	Transfer Chalet -> Lodge	Transfer Chalet -> Lodge	Transfer Chalet -> Lodge	
21:15	Shower & Chill Time	Shower & Chill Time	Shower & Chill Time	Shower & Chill Time	Shower & Chill Time	Shower & Chill Time	
22:00	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	